



Head Start/Early Head Start Program

From the Administration...



February is National Dental Month

The American Dental Association (ADA) recommends that babies start seeing a dentist by their first birthday. But good dental care starts before a child's first tooth comes in. Running a damp wash cloth over a baby's gums daily will help clear away harmful bacteria.

Parents can brush kid's teeth as they come in with an infant toothbrush, using water with just a smear of toothpaste until about age 2. After age 2, most kids can spit while brushing. Use a pea-sized amount of toothpaste, with supervision, until around age 5.

Many parents are surprised to learn that even babies can develop tooth decay if good feeding habits aren't practiced. Putting a baby to sleep with a bottle might be convenient, but it can harm the baby's teeth. When the sugars from juice or milk remain on a baby's teeth for hours, they can eat away at the enamel, creating a condition known as bottle mouth. Pocked, pitted, or discolored front teeth are signs of bottle mouth. Severe cases results in cavities and the need to pull all of the front teeth until the permanent ones grow in.

Never let your baby fall asleep with a bottle in her/his mouth, and set specific times for drinking because sucking on a bottle through out the day can be equally damaging to your teeth.

kidshealth.org



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Special points of interest:

1. *February is Dental Month*
2. *My Plate*
3. *Preschool Humor*
4. *Calendar*



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From the ...Nutrition Manager

MY PLATE: Do It Your Way!

The My Plate guidelines show you how to eat the right amount from each food group. But do the guidelines work with different kinds of foods? Can you enjoy your favorites and still have a healthy meal? Yes! These tips will show you how.



If you enjoy a burger...Try a lean beef or turkey burger on a whole-wheat bun. Add lettuce, tomatoes, cucumbers or peppers for extra flavor. Have a green salad instead of fries. (Or if you really want the fries, share a small order with a friend.)

If you are a meat and potatoes person...Choose a small steak or piece of chicken and half of a baked potato fill the other half of your plate with a vegetable dish and a serving.

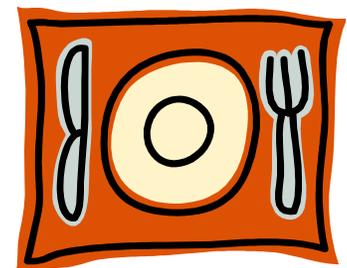
If you are vegetarian.. Enjoy veggies and tofu over brown rice. Make your veggies the larger portion of your meal. Try yogurt (soy or non-fat milk) topped with fresh fruit for dessert.

If you like Mexican food... Try a fajita chicken taco with grilled vegetables. Enjoy the salsa, but use less cheese and sour cream. Choose black or whole beans instead of refried beans and corn tortillas instead of flour.

If Italian is your favorite... Try seafood, grilled chicken or whole-wheat pasta with vegetables. Top with a marinara sauce and a sprinkle of parmesan. Have a salad with dressing on the side. Stay away from the garlic bread and cream sauces.

The MyPlate guidelines can help you become healthier. You can use the tips with all of your favorite meals. Look inside for some ideas on how.

To learn more, Visit ChooseMyPlate.gov



From the ...Education Coordinator

Preschool Humor: what's funny to Your Child, and Why?

“A young child’s humor is not as complex as that of an older child or adult. Preschoolers love simple visual and verbal humor such as silly antics, games, songs, funny rhymes and stories,” says prekindergarten teacher Tonya Matthews. Here’s how to encourage a sense of humor in your preschooler, and help him reap all the valuable benefits laughter can bring.

- **Create Laughable Moments**– By watching funny movies, making up silly rhymes, butchering the words to his favorite tunes, or reading funny books, you can also tickle your preschooler’s funny bone by tying scarves around you heads and playing silly pirate games, or cranking u some music and doing a goofy dance around the room.
- **Be Spontaneous**– Next time you’re serving breakfast, do it with a bowl on your head. This type of spontaneity will indulge your child in a bit of humor while teaching him to seize the small moments in life.
- **Laugh at Yourself**– Be open and willing to laugh about your misfortunes. This helps kids keep things in perspective, take themselves less seriously, and learn to better deal with disappointments in life.
- **Laugh out Loud**– Parenting is a serious job, but this doesn't mean you shouldn't let loose, and laugh at things you find funny. Laughter is truly contagious, and when you giggle out loud, your child will quickly follow suit. So Laugh Loud, and Often.

The gift of humor is priceless. And when you create opportunities to laugh, to the unexpected, and laugh out loud, your create an environment that improves the quality of life for you preschooler, and gives him the kind of happiness that will spillover into adulthood.





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What is Head Start? What is Early Head Start?

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant woman, and their families. They are child-focused programs, and have the overall goal of increasing the social competence of young children in low-income families.

By "social competence" is meant the child's everyday effectiveness in dealing with both his or her present environment and later responsibilities in school and life. Social competence takes into account the interrelatedness of social, emotional, cognitive, and physical development.

What is the Oglala Lakota College Head Start Program?

Our goal is to provide a full range of services to meet the needs of Lakota children from 0-5 and their families addressing cognitive, emotional, physical, nutritional, mental health, and Lakota language and culture development of children and the development needs of families.



Oglala Lakota College
 Head Start/Early Head Start Program

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 PD	16
17	18 Presidents Day	19	20	21	22 Indigenous Day	23
24	25	26	27	28		